

Mother Stefania

拍數: 88 牆數: 0 級數:
編舞者: Els de VOS (NL) - April 2022
音樂: Stefania (Kalush Orchestra) - KALUSH : (Eurovision 2022 - Ukraine)



Intro 18 sec. starts on rap.....Sequence : A tag B, C, A tag, B, B, C,C,C ending....
I wrote this dance for the demo for the Oekraïne people in Blaricum 5 mei 2022

Part A

JUMP R RIGHT FORWARD, JUMP L LEFT FORWARD, JUMP R RIGHT BACK, JUMP L LEFT BACK.

1-2 Jump R right fwd, step L next, clap
3-4 Jump L left fwd, step R next clap
5-6 Jump R right back, step L next.
7-8 Jump L left back, step R next clap

HIPS RIGHT FWD, BACK AND FWD, HIPS LEFT FWD, BACK AND FWD STEP PIVOT 1/2 SHUFFLE FWD.

1&2 Step R fwd, recover L, recover R.
3&4 Step L fwd, recover R, recover
5-6 Step R fwd, ½ turn left
7&8 Step R fwd, step L next, step R fwd

JUMP L LEFT Step L fwd FORWARD, JUMP R RIGHT FORWARD, JUMP L LEFT BACK, JUMP R RIGHT BACK

1-2 Jump L left fwd, step R next clap
3-4 Jump R right fwd, step L next clap
5-6 Jump L back, step R next clap
7-8 Jump R back, step L next clap

HIPS LEFT FWD, BACK AND FWD, HIPS RIGHT FWD, BACK AND FWD, STEP PIVOT ½, SHUFFLE FWD

1&2 Step L fwd, recover R, recover L
3&4 Step R fwd, recover L, recover R
5-6 Step L fwd, ½ turn right
7&8 Step L fwd, step R next, step L fwd,. TAG: Hips R, L, R, L

PART B

ROCK STEP COASTER STEP, ROCK STEP SHUFFLE BACK.

1-2 Rock R fwd, recover L
3&4 Step R back, Step L next, step R back.
5-6 Rock L fwd, recover R,
7&8 Step L back, step R next, step L back.

STEP ¼ TURN LEFT, CROSS SHUFFLE, 1/2 TURN RIGHT, CROSS SHUFFLE.

1-2 Step R fwd, turn ¼ left
3&4 Cross R across L, step L left, cross R across L
5-6 ¼ turn right, step L back, ¼ turn right step R right
7&8 Cross L across R, step R right, cross L across R.

TOUCH FLICK CROSS SHUFFLE, TOUCH FLICK CROSS SHUFFLE

1-2 Touch R right flick R behind.
3&4 Cross R across L, step L left, cross R across L
5-6 Touch L left, flick L behind.
7&8 Cross L across R, step R right, cross L across R

ROCK STEP COASTER STEP, ROCK STEP SHUFFLE BACK.

- 1-2 Rock R fwd, recover L
- 3&4 Step R back, Step L next, step R back.
- 5-6 Rock L fwd, recover R,
- 7&8 Step L back, step R next, step l back.

PART C

STOMP R, STEP, STEP, LOCK, STEP, STOMP L, STEP, STEP, LOCK STEP

- 1-2 Stomp R fwd, hold
- &3&4 Step L fwd, step R fwd, step L behind R, step R fwd.
- 5-6 Stomp L fwd, hold
- &7&8 Step R fwd, step L fwd, step R behind L, step L fwd.

ROCK STEP, SHUFFLE BACK, SHUFFLE BACK, ½ TURN RIGHT, WALK, WALK

- 1-2 Rock R fwd, recover L
- 3&4 Step R back, step L next, step R back.
- 5&6 Step L back, step R next, step L back.
- 7-8 ½ turn right, step R fwd, step L fwd.

STOMP L STEP, STEP, LOCK STEP, STOMP R, STEP, STEP, LOCK STEP.

- 1-2 Stomp L fwd, hold
- &3&4 Step R fwd, step L fwd, step R behind L, step L fwd
- 5-6 Stomp R fwd, hold
- &7&8 Step L fwd, step R fwd, step L behind R, step R fwd.

ROCK STEP, SHUFFLE BACK, SHUFFLE BACK, STEP BACK, ¼ TURN LEFT, L STEP LEFT, R NEXT.

- 1-2 Rock L fwd, recover R.
- 3&4 Step L back, step R next, step L back
- 5&6 Step R back, step L next, step R back.
- 7-8 ¼ turn left, step L left, step R next.

Tag: after part A: Sway R,L,R,L

Ending: at the end of the third part C count 7-8 Step L back, ¼ turn right, step R right.

ENJOY!
